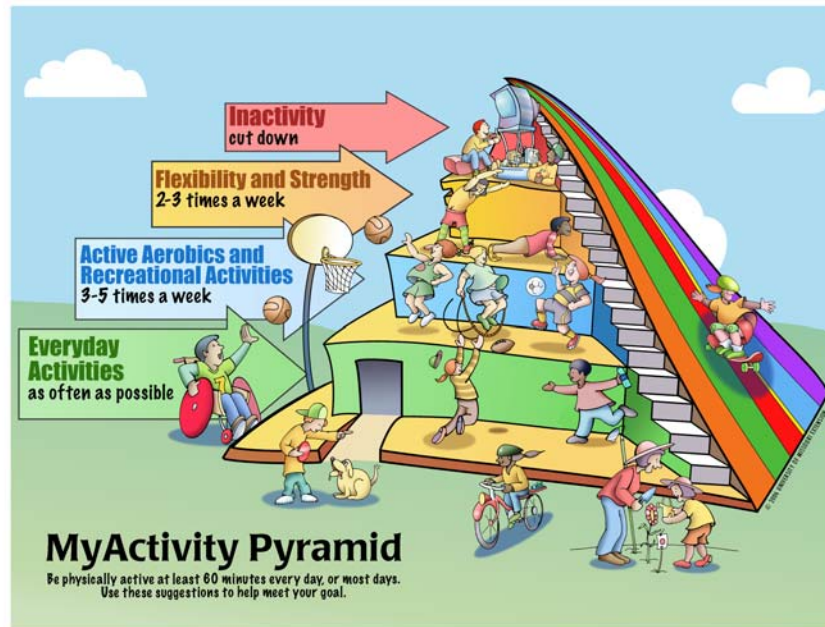


MyActivity Pyramid

The University of Missouri Extension Family Nutrition Education Programs has released its new MyActivity Pyramid handout. The MyActivity Pyramid handout is based on the new 2005 Dietary Guidelines for Americans and MyPyramid. The handout is designed to help children ages 6 to 11 include a variety of physical activities in their daily lives. The handout was piloted with more than 250 students in both urban and rural settings.



Family Nutrition Education Program
Helping people live healthier lives

MyActivity Pyramid			
Be physically active at least 60 minutes every day, or most days. Use these suggestions to help meet your goal:			
Everyday Activities As often as possible	Active Aerobics and Recreational Activities 3-5 times a week	Flexibility and Strength 2-3 times a week	Inactivity Cut down
<ul style="list-style-type: none"> Playing outside Helping with chores around the house or yard Taking the stairs instead of the elevator Picking up toys Walking 	<ul style="list-style-type: none"> Playing basketball Biking Playing baseball or softball Rollerblading Skateboarding Playing soccer Swimming Playground games Jumping rope 	<ul style="list-style-type: none"> Practicing martial arts Rope climbing Stretching Practicing yoga Doing push-ups and pull-ups 	<ul style="list-style-type: none"> Watching television Playing on the computer Sitting for too long Playing video games
Find your balance between food and fun: <ul style="list-style-type: none"> Move more. Aim for at least 60 minutes every day, or most days. Walk, dance, bike, rollerblade – it all counts. How great is that! 			

This publication is adapted from USDA's MyPyramid and was funded in part by USDA's Food Stamp Program.

UNIVERSITY OF MISSOURI Extension ■ Based on information from Cooperative Extension Work: Acts of May 8 and June 10, 1914, in cooperation with the United States Department of Agriculture, L. J. ...
 ■ University of Missouri Extension does not discriminate on the basis of race, color, national origin, sex, sexual orientation, religion, age, disability or status as a Vietnam era veteran in employment or programs. ■ If you have special needs as addressed by the Americans with Disabilities Act and need this publication in an alternative format, write Jodi O'Brien, Extension and Agriculture Communications, 108 Agriculture Building, Columbia, MO 65211, or call (573) 862-7216. Reasonable efforts will be made to accommodate your special needs.

N 386

Revised 7/09/100M

Download a PDF or order printed copies of the MyActivity Pyramid handout (N386) from University of Missouri Extension at <http://extension.missouri.edu> or by calling (800) 292-0969. Printed copies cost \$0.25 with discounts for quantity.